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A massive highway project connecting the second phase of CentrePort Canada Way to the Trans-Canada Highway near St. François Xavier may put a rare tall-grass prairie preserve at St. Charles Rifle Range in harm's way. SHANE GIBSON/METRO

Plan puts rare prairie in peril

CentrePort Canada Way. Ecologist worries economic gain comes at loss of precious land

Law

"It is definitely a rare ecosystem, but unfortunately ecosystems themselves don't have protection under our Species at Risk legislation."

17 Wing Winnipeg environmental officer Marc Dettman

SHANE GIBSON
shane.gibson@metronews.ca

A massive highway project that's touted as critical to growing Manitoba's economy may put one of the province's few remaining tall-grass prairie preserves in the crosshairs.

The province is planning to extend CentrePort Canada Way — the expressway linking Inkster Boulevard to the west Perimeter Highway — to the Trans-Canada Highway near St. François Xavier.

The expressway will be an important trucking route for CentrePort Canada, the 20,000-acre inland port expected to bring huge economic opportunities to Manitoba.

But the new roadway's proposed path runs through the St. Charles Rifle Range, land owned by the Department of National Defence (DND), which is home to one of the largest plots of tall-grass prairie remaining in Winnipeg.

"It's surprising to me that they're even considering that … because there's land on either side that isn't sensitive ecologically," said John Morgan, ecologist and president of Prairie Habitats Inc., whose company specializes in restoring native prairies.

"Tall-grass prairies have a lot of species … that are not found anywhere else, and some have potential for foods and medicines. It's why we call them the rainforests of the prairies."

The 250 acres of tall-grass prairie is nestled behind a shooting range the DND has trained at since acquiring the land more than a century ago. That ownership has kept the land untouched, explained 17 Wing Winnipeg environmental officer Marc Dettman.

"The problem is that because there's no species at risk here, there's no way to protect the tall-grass prairie," he said. "It is definitely a rare ecosystem, but unfortunately ecosystems themselves don't have protection under our Species at Risk legislation."

In a statement, the province said it is in the beginning stages of design and is working on a route that "will preserve as much of the existing natural prairie habitat as possible."

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NEWS

Credit rating. City of Winnipeg still AA

The deficit projected for the City of Winnipeg this year didn't negatively impact its credit rating.

City officials stated in a press release that Standard and Poor's, a major credit-rating agency, has kept the city's rating at AA in their annual review. It's remained at AA since 2006.

Finance chair Coun. Marty Morantz said council is "working hard to balance citizens' needs while recognizing the economic realities we face."

"This positive review of the city's strong financial foundation is going to help us as we move forward with a tough budget process for 2015," Morantz added.

As of Sept. 30, the city was projecting a $14.9-million deficit for 2014; however, finance officials said they're looking at ways to slay that deficit, or reduce the size of it going into 2015.

The Standard and Poor's report stated that the ratings reflected Winnipeg's "very strong economic performance, exceptional liquidity position, and strong financial management, which a moderate debt burden and average budgetary performance offset."

The report also stated that the City of Winnipeg "demonstrates strong financial management."

BERNICE PONTANILLA/METRO

Rating

2006

The City of Winnipeg's credit rating has remained at AA since 2006.

The City of Winnipeg is exploring what to do with the Arlington Bridge, which is slated for closure in 2020. BERNICE PONTANILLA/METRO

Bottlenecks if Arlington Bridge shut: Businessman

'You've got a problem.' City expects century-old bridge will be retired in 2020

BERNICE PONTANILLA
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The closure of the Arlington Bridge would have detrimental effects on the area's traffic volumes and businesses, said the owner of a wholesaler located at the northern base of the bridge.

"If they tear down the bridge, where are they going to reroute that traffic? McPhillips is already a bottleneck during the rush hours in the morning and the evening, and the Slaw Rebchuk Bridge on Salter and Isabel, that's a bottleneck on most days and so is Main Street," said Larry Weinstein of United Unlimited at Jarvis Avenue and Arlington Street.

"So now you've got a problem. You're going to try to divert the traffic that goes through the Arlington Bridge and spread it out over those other locations. It's going to be terrible."

Weinstein said he's also concerned the closure will mean less traffic at his store by way of customers, and urges city officials to consider replacing the bridge or buying out the rail yards.

"Use that land for more housing, more businesses and, if you take out the railroad yards, you could have a flat highway going straight through," he added.

Coun. Mike Pagtakhan, whose Point Douglas ward includes the bridge, said he agrees with Weinstein about bottlenecks, as he experienced them himself during times the bridge was shut down for repairs.

"I'm going to continue to represent the citizens and let the city know that that's an important connection and we need to maintain that connection," said Pagtakhan, adding 15,000 vehicles cross that bridge every day.

The City of Winnipeg is currently getting feedback on what to do with the Arlington Bridge, which opened in 1912, but is decaying.

Pagtakhan said the consultations are in the early stages and a meeting was held last Thursday at Rossbrook House.

A final report on the bridge is expected in October 2015, he added.

AFN searching for new leader, relevance

Assembly of First Nations. Vote for next national chief being held amid questions over organization's role among next generation

Grand Chief David Harper of the Manitoba Keewatinowi Okimakanak speaks to media in Winnipeg on June 2.
JOHN WOODS/THE CANADIAN PRESS

Outside Winnipeg's convention centre, a sacred fire is burning.

Inside the building, chiefs from across the country are meeting to elect a new national leader for the Assembly of First Nations amid questions on whether the organization is still a relevant voice for aboriginal people.

As the assembly prepares for some soul-searching over the next three days, many say it will take a monumental shift to regain the support of the next generation.

"The grassroots have said we need a voice," said Grand Chief David Harper, head of host organization Manitoba Keewatinowi Okimakanak, which represents northern Manitoba First Nations. "There is going to be a lot of restructuring that needs to take place. That's something the next national chief will have to do."

There aren't many vying for the job that came open following the resignation of former national chief Shawn Atleo. When Atleo ran for re-election in 2012, he faced seven other competitors. This year, there are three names on the ballot.

Perry Bellegarde, chief of the Federation of Saskatchewan Indian Nations, is chasing the top job, along with Ghislain Picard, regional chief for Quebec and Labrador. Picard became interim national chief following Atleo's resignation. Leon Jourdain, chief of the Lac La Croix First Nation in northwestern Ontario, is also running.

Looking ahead

"The grassroots have said we need a voice ... There is going to be a lot of restructuring that needs to take place."

Grand Chief David Harper, head of Manitoba Keewatinowi Okimakanak, which represents northern Manitoba First Nations.

While supporters of the AFN say it is still a vital lobbying group, others point to the shortlist of those running for national chief as a symptom of the need for change.

The next generation of First Nations leaders are interested in the environment, jobs and employment and violence against women, said Niigaan Sinclair, assistant native studies professor at the University of Manitoba.

While part of the AFN gathering will be devoted to missing and murdered aboriginal women, Sinclair said the grassroots don't see chiefs addressing their concerns.

One of the few things detractors and supporters of the AFN seem to agree on — the organization needs to wean itself off federal financial support. THE CANADIAN PRESS

Safety. RCMP tout new high-tech driving tickets

Mounties in Manitoba have a new high-tech way of doling out traffic tickets.

The force showed off new software and printers Monday that allow officers to print out e-Tickets instead of writing out a ticket after pulled over scofflaw drivers.

The technology, which is already in use in many RCMP vehicles across the province, also sees infractions sent instantly to Manitoba Justice after the officer swipes a driver's licence through a card reader and enters in information about the offence.

"E-Ticketing will enhance public safety," said Assistant Commissioner Kevin Brosseau, commanding officer of the Manitoba RCMP, in a release.

"Not only do they take dangerous drivers off the road, but police also apprehend travelling criminals, stop the illicit movement of drugs and other contraband, and remove unsafe vehicles from the road. Traffic stops help keep our communities safe, and e-Ticketing will help our officers make more traffic stops." METRO

Kept busy

34,000

Manitoba RCMP stop more than 50,000 vehicles and hand out roughly 34,000 tickets every year.

Dalhousie School

Jessica Alba to pitch coding to local students

A local school will get the chance to talk with one of Hollywood's most famous women.

Dalhousie School has been chosen, out of thousands of schools worldwide, to chat by video with actress Jessica Alba on Wednesday. The actress is the Hour of Code day ambassador, a day that encourages kids to learn to code computer programs and try computer science.

Hour of Code day takes place on Dec. 10. Dalhousie School is in south Winnipeg.

Alba is best known for her role as Nancy in the Sin City movies. METRO

Counterfeit currency

Winnipeg police seeing more fake American bills

Police are asking Winnipeggers to be on the lookout for stacks of American cash — the fake kind.

Winnipeg police said Monday they've received more reports lately of counterfeit U.S. currency being passed around town, usually in the $20 or $50 US denominations.

"Merchants and consumers are reminded to check their bank notes and that they are under no obligation to accept notes they believe are counterfeit," the police said in a statement.

They advise people to inspect the bills closely and compare it to a known authentic if possible. METRO

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TRANSIT TUESDAY

Weekly Transit News Update

NEW TRANSIT FARES JAN. 1

Starting Jan. 1, Full and Handi-Transit cash fares will be $2.60. Youth and Senior cash fares will be $2.10. New rates for passes and tickets will also be in effect Jan. 1.

Winnipeg Transit will continue to offer lower fares for seniors, qualifying students, and post-secondary students. Your 2014 bus ticket (plus applicable cash difference) will be accepted until March 31, 2015.

For complete transit fare information, including pass and ticket sales locations, please visit winnipegtransit.com or contact 311.

WINNIPEG TRANSIT CHRISTMAS LIGHTS CHARTER

'Tis the season to enjoy Winnipeg's dazzling holiday lights in your own chartered bus from Winnipeg Transit. Let one of Winnipeg Transit's professionals transport your large group in the comfort of a 40-foot bus to all the "must-see" holiday displays in Winnipeg or they can follow your itinerary (some restrictions may apply). For charter rates and availability call their charter office at 204-986-4322.

THE SANTA BUS IS ON THE ROAD?

Winnipeg Transit's Santa Bus is collecting cash donations for the Christmas Cheer Board. From now until Dec. 24, all cash fares plus any additional donations go directly to the Cheer Board. "Last year the Santa Bus collected $13,000 for the Christmas Cheer Board and we're ho-ho-hoping to collect even more," said Mr. Claus.

The Santa Bus features larger than life images of the jolly old man himself along with all his happy reindeer on the exterior of bus #818.

This week, look for the Santa Bus on route 16 Osborne – Selkirk. If you are planning to make a donation, please remember, Winnipeg Transit does not accept bills or pennies on any of its buses.

If you'd like to know where the Santa Bus is operating, use the BUStxt feature (287898) on your mobile device, enter 'Bus 818' then press send. BUStxt will text you back in just a few seconds displaying which route the Santa Bus is on plus the time it will be arriving at its next stop.

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Former Quebec lieutenant-governor Lise Thibault leaves a courtroom on July 28 in Quebec City. Thibault pleaded guilty to charges of fraud and breach of trust on Monday. CLEMENT ALLARD/THE CANADIAN PRESS

Ex-Lt.-Gov. pleads guilty to charges

Lise Thibault. After five years between court appearances, former Quebec Lt.-Gov. pleads guilty to breach of trust, fraud charges

More than five years after her first court appearance in September 2009, former Quebec lieutenant-governor Lise Thibault pleaded guilty on Monday to charges of fraud and breach of trust.

Thibault switched pleas because, according to her lawyer, she came to a better understanding of the evidence and the law.

It was Thibault's first appearance in court since August when she suffered an epileptic seizure that interrupted her cross-examination.

The charges were laid after a joint report filed by former provincial auditor general Renaud Lachance and his federal counterpart at the time, Sheila Fraser.

The document suggested more than $700,000 in alleged expenses had been claimed.

Her trial heard the money was allegedly spent on gifts, trips, parties, meals and skiing and golf lessons.

Quebec court Judge Carol St-Cyr will hear sentencing arguments as well as the results of negotiations on a reimbursement plan next May 1.

Thibault, 75, left the courthouse Monday without responding to questions.

Her lawyer, Marc Labelle, said the former lieutenant-governor came to a new understanding of the evidence and the law.

"If you think you didn't commit a crime, but then you see through the interventions in court, you see how things are presented," he explained to reporters.

During her testimony, Thibault said she had little to show financially for her time as vice-regal — a divorce ate into her savings and she now lives on a $30,000 pension.

Last summer, St-Cyr ruled against a pair of motions filed by Labelle, who argued the case should be dismissed because the accused benefited from royal immunity.

The judge wrote that, according to constitutional law, the lieutenant-governor does not enjoy the same benefits as the Queen.

St-Cyr also noted that under the Constitution, the lieutenant-governor is a civil servant, adding such an affirmation is even posted on the lieutenant-governor's website.

THE CANADIAN PRESS

G20 officer files appeal

A Toronto police officer who was found guilty of assaulting a protester during the G20 summit four years ago was acting in accordance with his training during a highly stressful and fluid situation, his lawyer argued Monday as the man appealed his conviction.

In making his case before an Ontario judge, lawyer Alan Gold said Const. Babak Andalib-Goortani was a good cop who was trying to do his job.

"This is a case where Your Honour should reverse the conviction and in doing so, point out that this trial judge never considered the issue of mental state on the part of my client," Gold said.

"A police officer is expected to apply their best judgment at the time, not perfect judgment."

Andalib-Goortani — who sat silently in court throughout Monday's proceedings — was convicted last September of assault with a weapon for using excessive force during the arrest of protester Adam Nobody on June 26, 2010.

He was sentenced to 45 days behind bars, though he was almost immediately granted bail pending an appeal.

He is looking for an acquittal or a new trial, and is also asking, if his conviction can't be quashed, that his sentence be changed to a discharge, suspended or that any custodial sentence be served intermittently.

"No one can accuse my client of going overboard," Gold said. "This was not a situation where my client had an opportunity for calm reflection." THE CANADIAN PRESS

Moncton

Killer who shot RCMP depressed, sleep-deprived

Justin Bourque was suffering from sleep deprivation and felt depressed about his life in the days before he committed one of the worst police shootings in Canadian history, newly released court documents reveal.

A court-ordered psychiatric report and a pre-sentence report shed light into Bourque's family history, social interests and the moment he reached "his breaking point" before he opened fire on RCMP officers in Moncton on June 4, killing three of them and injuring two others. THE CANADIAN PRESS

First Nations

Government takes six to court over financial disclosure

The federal government is going to court in an effort to force six defiant First Nations to publicly post their financial information online.

Aboriginal Affairs Minister Bernard Valcourt says his department will continue to withhold non-essential funding from almost 50 First Nations that failed to meet last month's government-imposed deadline under a new Conservative transparency law.

THE CANADIAN PRESS

Kamloops, B.C.

RCMP officer conscious after shooting

The RCMP report that a 40-year-old officer who was shot during a traffic stop in B.C.'s Interior is now conscious and speaking to his family.

Cpl. Cheryl Bush says Cpl. Jean Michaud remains in hospital in intensive care following the early morning incident last Wednesday in Kamloops, B.C.

The shooting led to a 12-hour manhunt and the arrest of 36-year-old Kenneth Knutson, who has a long rap sheet and is now facing four charges, including attempted murder. THE CANADIAN PRESS

Video. Muslim group denounces call for attacks

A leading national Muslim group has categorically denounced the latest call for violence against Canada and other nations by the terror group that calls itself the Islamic State of Iraq and the Levant (ISIL).

"We condemn the depraved violence and extremism by this and other terror groups," Ihsaan Gardee, executive director of the National Council of Canadian Muslims, said on Monday.

"It is both a civic and religious duty to contact the authorities if one has any information about plans to hurt or harm anyone," Gardee said.

The council's comments come on the heels of reports that John Maguire of Ottawa, who now calls himself Abu Anwar al-Canadi and "Yaha," has posted a propaganda video online.

His video calls for terror attacks in Canada in response to Canada's participation in a coalition against ISIL.

Ihsaan Gardee of the National Council of Canadian Muslims, right, is seen presenting an award at the NCCM's March 2014 Gala. TORSTAR NEWS SERVICE FILE

"We emphasize the sacredness of life and repudiate any express statements or tacit insinuation that anyone should harm innocent people," Gardee said. "Our message to anyone who espouses, endorses, or in any way supports this ideology of violence, is that your actions have nothing to do with the authentic teachings of Islam."

TORSTAR NEWS SERVICE

Security issues. Canadian Embassy in Cairo closed

The Canadian Embassy in Cairo has been closed amid security concerns, one day after the British Embassy suspended its services because of safety worries.

"As a security precaution and to ensure the protection of Canadian staff, we have closed our embassy in Cairo for the day," Adam Hodge, press secretary to Foreign Affairs Minister John Baird, wrote in an email.

The two western embassies, located next door to one another in the central Cairo district of Garden City, gave no further details on their closures.

However, three senior Egyptian security officials said that recent arrests of suspected militants revealed plans to target the embassies, abduct foreign nationals and assassinate public figures. They did not elaborate further.

The embassy announced its closure locally through a message on its main telephone number on Monday.

An Egyptian security official said that Canadians asked for all roads around the embassy to be shut down and sought more security.

The official, who wasn't authorized to speak to journalists and as a result would only speak on condition of anonymity, said security would be tightened, but that the roads would not be closed.

Hodge would not discuss what exactly prompted the closure. THE CANADIAN PRESS

Seeking deeper ties

Canadian military trainers arrive in Ukraine

The Harper government signalled Monday it wants to create deeper defence ties with Ukraine, signing a declaration that could lead to broader military co-operation in the region. Defence Minister Rob Nicholson said Canada is searching for bilateral ways to expand military training with Ukraine and that a team of trainers has arrived there. THE CANADIAN PRESS

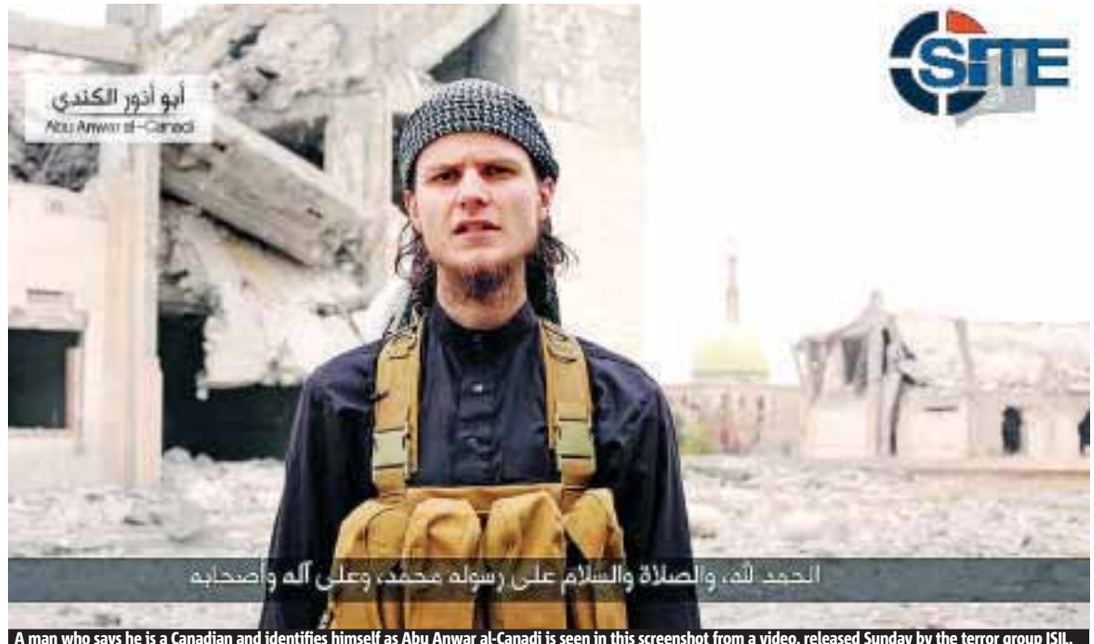
Memo

CBC union warns members about Ghomeshi probe

The Canadian Media Guild, which represents CBC employees is warning members in a memo that what they tell an investigator looking into the broadcaster's handling of workplace harassment allegations against Jian Ghomeshi could be used by management against them.

Ghomeshi is facing five criminal charges.

THE CANADIAN PRESS



A man who says he is a Canadian and identifies himself as Abu Anwar al-Canadi is seen in this screenshot from a video, released Sunday by the terror group ISIL, that calls for indiscriminate attacks against Canadians. The man has been identified as John Maguire, a former University of Ottawa student who converted to Islam and became radicalized before leaving Canada last year. HANDOUT/THE CANADIAN PRESS

Jihadist seemed to lack friends: Acquaintance

John Maguire. Former Ottawa man who appears in a new extremist video seemed to lack friends, acquaintance says

Quoted

"This young man was really quite isolated — no one really knew what he was thinking."

Stephane Pressault, national co-ordinator with Project Communitas, who says he met John Maguire four years ago.

John Maguire, a former Ottawa man who appears in a new extremist recruiting video, seemed to lack close friends in Canada and kept his distance from others, says an acquaintance who used to pray with him.

"People had very superficial relationships with him," said Stephane Pressault, who met Maguire four years ago during Friday prayers at the University of Ottawa. Pleasantries were exchanged, but no deep ideas were shared, said Pressault, the national co-ordinator with outreach group Project Communitas.

"It's not that he was a loner. But he didn't share his opinions on things. And he didn't have ... a best friend, or a clique, or a group of people that he always turned to," Pressault said. "In retrospect, that's alarming."

Project Communitas is grappling with the phenomenon of Islamic radicalization as part of its mission to foster citizenship, dialogue and youth leadership.

Maguire's polished propaganda video, released Sunday, urged Muslims to launch indiscriminate attacks against Canadians, similar to those carried out in October in Ottawa and St-Jean-sur-Richelieu, Que.

Maguire — whose passport was apparently revoked after he left Canada — likely became "fed up" with Canadian society at some point, said Jocelyn Belanger, a psychology professor at the University of Quebec at Montreal who has studied radicalization around the world.

Belanger surmises Maguire could have been spurred to join radical Islamic militants overseas because he didn't fit in at home and felt insignificant — a typical motivation for extremists.

One can regain significance by building a successful career or becoming a role model, Belanger said, but such accomplishments take time.

This is why propaganda created by the al-Qaida splinter group known as the Islamic State of Iraq and the Levant (ISIL) has been so effective, he added: "Their ideology dictates the actions required to become a hero, a martyr, a rock star."

Public Safety Minister Steven Blaney reiterated Monday that new anti-terrorism legislation is coming, but he offered no specifics or even a timeline.

THE CANADIAN PRESS

Man facing terrorism charges to have bail hearing

A man arrested by Quebec provincial police on terrorism-related charges will have a bail hearing Tuesday.

Crown prosecutor Lucie Martineau objected to Nejib Belhaj-Chtioui's release on Monday as he was arraigned at the Montreal courthouse.

Police say he was the subject of an outstanding warrant and was arrested Sunday at Montreal's Pierre Elliott Trudeau airport upon returning from Tunisia.

He faces two charges relating to the terrorism hoax section of the Criminal Code — conveying information and committing an act to cause reasonable concern that it is connected to a terrorist activity.

The investigation was conducted by a provincial police unit that probes extremist threats.

Martineau said she objected to Belhaj-Chtioui's release because he hadn't been in Canada and was arrested at the airport.

She wouldn't say if she thought he would flee the country if released, adding, "I just objected to his release today and we will know more about him tomorrow (Tuesday)."

Martineau said there had been a warrant out for Belhaj-Chtioui's arrest since 2013 for acts allegedly committed between May 13 and May 20, 2011, but wouldn't elaborate.

She added she believed Belhaj-Chtioui had been out of the country since warrant was issued. THE CANADIAN PRESS

A healthy juggling act of fresh food options

Vegetarian Food Bank. Toronto man plans to bring healthier alternatives to the city when the bank opens Jan. 31.

GILBERT NGABO
Metro in Toronto

Matthew Noble is planning to bring something fresh to Toronto — a food bank that's 100 per cent vegetarian.

That's right. All vegetarian, all the time with a healthy supply of vegan-friendly food too.

And, Noble said, 50 per cent of the offerings will be fresh, a goal existing food banks say they struggle to meet.

At the Daily Bread food bank, for example, about 40 per cent of food distributed this year has been fresh, which includes things like fresh meat and dairy.

"I think that 50 per cent fresh vegetables at a food bank is a great goal, and I hope they reach it," said Sarah Anderson, senior manager of communications at Daily Bread.

Some people who depend on food banks and are vegetarians have resorted to eating meat because they have no other choice, Noble said.

"That is very sad because fresh vegetarian food is so scarce at food banks," he said, adding that people go vegetarian or vegan either for their health, because they're against animal cruelty or to opt out of the extreme environmental damage caused by the farming of livestock.

Noble's plan is to start small, offering services one or two days a month. He plans to lean on sponsors and community partnerships to keep the fresh produce flowing.

"We are very excited because it will offer the alternative for people and ensure some kind of equity across the board," Yonge Street Mission spokeswoman Sally Ritchie said. "Fresh items are the most difficult to store and keep and transport."

The Toronto Vegetarian Food Bank is set to launch on Jan. 31.

A Noble effort

Vegetarian and vegan options are scarce at Toronto's food banks, and with that in mind Noble hopes to install some equity in the city's fresh food options.

- **50 per cent goal.** Noble is striving to have at least half of the bank's food offerings be fresh produce, meat and dairy.

Quoted

"I don't want to give people any unhealthy food. I want to give them something I can eat."

Matthew Noble, founder of an all-vegetarian food bank in Toronto

Mathew Noble is hoping to bring a number of healthy, fresh food options to Toronto's vegetarian and vegan crowd when the Vegetarian Food Bank opens in January. DAVID VAN DYKE/METRO IN TORONTO

Pipeline safety. Ottawa unveils new regulations

The Harper government has announced legislation it says is aimed at enhancing Canada's pipeline safety system.

Natural Resources Minister Greg Rickford says the new pipeline safety act builds on previous actions that have been taken to prevent incidents.

The latest measures in the legislation introduced Monday in the Commons include unlimited liability, meaning companies would be liable for costs and damages irrespective of fault — up to $1 billion for major oil pipelines. The National Energy Board (NEB) would have the authority to order clean-up reinbursement by involved parties, and in exceptional circumstances. would have the authority to assume control in response to any incident.

Natural Resources Minister Greg Rickford THE CANADIAN PRESS

THE CANADIAN PRESS

Avian flu

B.C. food agency restricts region to prevent flu's spread

Almost half of British Columbia has been designated as a control zone by the Canadian Food Inspection Agency in an effort to stop the spread of avian flu in commercial poultry.

Restrictions become more strict in the zone depending on how close farms are to infected operations and mean farmers need to get permits to move poultry, their products and equipment.

The zone boundaries are the Pacific Ocean, the U.S. border to the south, the B.C., Alberta boundary, and Highway 16 that intersects the province at Prince George.

THE CANADIAN PRESS

Mischief. Patrons throw hissy fit, snake at workers

Two men are facing mischief charges after a sandwich order sent them into a hissy fit at a Tim Hortons restaurant in Saskatoon.

Police say the 20-year-olds began arguing with an employee because they wanted their onions diced.

The argument got worse, and one of the men pulled a snake from his friend's pocket and threw it behind the counter.

Officers called to the scene were able to quickly locate the snake and determined it was non-poisonous.

The two men were arrested nearby.

Police have found a temporary home for the snake until it can be released into the wild next spring.

THE CANADIAN PRESS

Extended Holiday Hours
Starting December 8
MON – FRI 10AM – 9PM
SATURDAY 10AM – 6PM
SUNDAY 12PM – 5PM
MEET HERE. SHOP HERE.
PORTAGE PLACE

Human rights

Probe demanded in police killings of black Americans

Protesters carrying signs bearing names of black Americans killed by police have marched outside the U.S. Capitol to demand a human rights investigation. THE ASSOCIATED PRESS

Cleveland

Rice's mom wants cop convicted

The mother of 12-year-old Tamir Rice, shot by a Cleveland policeman, says she wants him convicted for killing her son, who was carrying a pellet gun that police say looked real.
THE ASSOCIATED PRESS

Samaria Rice, mother of Tamir Rice, speaks during a news conference Monday. THE ASSOCIATED PRESS

Justice Department

Obama admin bans profiling by law enforcement

The Obama administration issued guidelines Monday that ban federal law enforcement from profiling on the basis of religion, national origin and other characteristics, protocols the Justice Department hopes could be a model for local departments as the U.S. tackles questions about the role race plays in policing.

The policy, which replaces decade-old guidelines established under the Bush administration, also will require federal agencies to provide training and to collect data on complaints. THE ASSOCIATED PRESS

Israel

Lawmakers dissolve parliament

Israeli lawmakers unanimously voted Monday to dissolve parliament, officially ending the legislature's term two years ahead of schedule and kicking off the country's election campaign ahead of a March 17 nationwide vote.
THE ASSOCIATED PRESS

New Delhi bans Uber after driver accused of rape

Blow for ride-sharing service. Based on hailing cars from a smartphone app

The Indian capital on Monday banned taxi-booking service Uber after a woman accused one of its drivers of raping her.

Transport official Satish Mathur made the announcement as the 32-year-old suspect appeared in a New Delhi court.

The court ordered Shiv Kumar Yadav held for three days for police questioning over allegations that he raped the finance company employee after being hired to ferry her home from a dinner engagement on Friday night.

The court also ordered Yadav's cellphone confiscated, according to Press Trust of India.

The case, almost two years after a young woman was fatally gang raped on a bus in the capital, has renewed national anger over sexual violence in India and demands for more effort to ensure women's safety.

The CEO of San Francisco-based Uber, Travis Kalanick, said the company would do "everything to bring the perpetrator to justice and to support the victim and her family in her recovery."

He also sought to deflect some of the blame on to officials, saying the company would work with the government to establish clear background checks that are "currently absent in their commercial transportation licensing programs."

It was not immediately clear if Uber itself performed any background check, nor was it clear whether Yadav would even have been flagged.
THE ASSOCIATED PRESS

NATO soldiers lower the flag on Afghanistan mission

NATO soldiers fold the flag of International Security Assistance Force Joint Command, the NATO entity in charge of combat operations in Afghanistan, during a flag-lowering ceremony in Kabul, Afghanistan, Monday. The U.S. and NATO ceremonially ended their combat mission in Afghanistan on Monday, 13 years after the Sept. 11 terror attacks sparked their invasion of the country to topple the Taliban-led government. MASSOUD HOSSAINI/THE ASSOCIATED PRESS

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Assignment at U of T pulled

University of Toronto. Graduate business school pulls class assignment over concerns of sexism

The Rotman School of Management has pulled a controversial class assignment from a first-year MBA course after concerns were raised about its portrayal of women.

The assignment, issued last week for a class on capital markets, features a fictional female business student who is offered a public relations job with her "favourite company of all time," jeweller Tiffany and Co. She is struggling to decide which compensation package she should accept.

Several students in the University of Toronto's graduate business school were openly dismayed by the assignment, saying there is "just so much wrong" with its portrayal of "Elle Forest," a ditzy woman who requires the assistance of her Yale-educated boyfriend to figure out which compensation package she should accept.

Torstar News Service received a copy of the assignment from a student, who was unimpressed by its depiction of the hapless lead character.

Torstar took those complaints to the Rotman School of Management on Thursday. Students told the Star that Prof. Kent Womack, who teaches the capital markets class, later apologized verbally for the assignment, which was he said written by a teacher's assistant. He then advised the class to think carefully before speaking to the media, according to students.

One student, who asked not to be identified over concerns of reprisal, said some classmates started to clap after the professor advised against commenting to the press. TORSTAR NEWS SERVICE

Video-game pioneer dies

German-American game developer Ralph Baer shows the prototype of the first games console, invented by him, in this July 2009 file image from the Games Convention Online in Leipzig, Germany. The video-game pioneer, who created both the precursor to Pong and the electronic memory game Simon, has died. He was also the leader of the team that developed the Magnavox Odyssey, the first home video-game console. Baer, who was born in Germany and escaped the Holocaust with his family, was a longtime resident of Manchester, N.H. The Goodwin Funeral Home confirmed Monday that he died at his home Saturday. He was 92. JENS WOLF/THE ASSOCIATED PRESS FILE

Angers activists

Facebook seems to be courting China

A Chinese government news portal released a photo Monday of Facebook founder Mark Zuckerberg with a copy of Chinese President Xi Jinping's book on governance at his desk while hosting the country's top Internet regulator. The gesture, interpreted as an effort by Zuckerberg to court the government, disappointed and angered activists. Facebook is blocked in China. THE ASSOCIATED PRESS

Market Minute

DOLLAR 87.09¢ (-0.38¢)

TSX 14,144.17 (-329.53)

OIL $63.05 US (-$2.79)

GOLD $1,194.90 US (+$4.50)

Natural gas: $3.62 US (-$0.18)
Dow Jones: 17,852.48 (-106.31)

Regulating e-cigs could get tougher

Just a few years ago, early adopters of e-cigarettes got their fix by clumsily screwing together a small battery and a plastic cartridge containing cotton soaked with nicotine.

Now, the battery-powered contraptions have computer chips to regulate puffs and temperature, track usage, talk to other electronic devices and even blink when "vapers" are near each other.

U.S. officials say the technology race could make creating standards for the devices, which heat a liquid to create vapour rather than burning tobacco, more difficult in the future. Unlike traditional smokes that are simply chopped tobacco rolled in paper with a filter, e-cigarettes come in many shapes and sizes and the technological changes only make regulating them more of a headache.

A first

In April, the FDA for the first time proposed a set of regulations for e-cigarettes, including banning sales to minors and requiring health warning labels, as well as approving new products.

At the same time, a rapidly growing market for e-cigarettes and the possibility that the devices could be safer than regular cigarettes have some in the industry worried that regulation that's too heavy-handed would stifle the technological innovation — and their businesses.

"I think it's fair to say that there will always be some degree of a gap between (data) and the latest innovations," Mitch Zeller, director of the U.S. Food and Drug Administration's Center for Tobacco Products, said in a recent interview with The Associated Press.

"But that's the beauty of regulation because over time, regulation closes that gap.... We will get to a point where new products have to come through us first." THE ASSOCIATED PRESS

You can buy books at authors' Twitter

A leading book publisher is hoping that Twitter will not only help promote books, but sell them directly.

Hachette Book Group announced Monday that it has teamed with the e-commerce platform Gumroad in a deal that will allow Twitter users to purchase print editions of selected works by clicking on "buy" buttons from within authors' tweets.

Chris Hadfield
TORSTAR NEWS SERVICE FILE

The books include Amanda Palmer's The Art of Asking, former astronaut Chris Hadfield's You Are Here and The Onion Magazine: The Iconic Covers That Transformed an Undeserving World. The three Twitter feeds each have more than a million followers.

The promotion begins Thursday. The books will be available in limited quantities and will include added features, such as a photo signed by Hadfield or notes from Palmer's husband, Neil Gaiman. THE ASSOCIATED PRESS

VOICES

‘DEVASTATED’: EX-SEX WORKER

With Canada’s controversial new prostitution law now in effect, Metro’s Thandi Fletcher talks to advocates for their take on why Bill C-36 puts sex workers at risk

THANDI FLETCHER
Metro in Vancouver

When Kerry Porth worked in the sex trade a decade ago, she says she never encountered a situation where she felt in danger.

Although she struggled with severe drug addiction, poverty and occasional homelessness at the time, Porth credits her ability to stay out of harm’s way with being able to work from home, where her partner was always nearby.

“I think that speaks to the value of being able to work indoors and have someone there to protect you,” she said.

Porth, now an advocate for sex workers’ rights and a board member for Vancouver’s Pivot Legal Aid Society, fears Bill C-36, Canada’s new prostitution law, will compromise the safety of those still working in the sex trade.

“I’m pretty devastated about it,” said Porth, who appeared before the House justice committee in July to speak out against the new legislation. “This bill is really going to place sex workers in further harm.”

Justice Minister Peter MacKay has said that once passed into law, the prostitution bill will mean safer conditions for sex workers. But for Porth, the claim is laughable.

In harm’s way

“While we continue on with this failed experiment, sex workers’ lives are going to be at stake.”

Kerry Porth, former sex worker

Over the past year, she and others have worked tirelessly to convince government of the link between criminalization of prostitution and violence against sex workers.

She said the new law will make prostitution more dangerous by driving sex work into the shadows, rushing communication with clients and preventing sex workers from properly screening clients.

For sex workers who operate indoors, she said, the new law makes it difficult for them to advertise their services, forcing them to place vague classifieds.

“They can’t be explicit about what acts they’re willing to perform,” she said, adding that this could drive some sex workers to the street in search of new clients.

The new law also heightens safety risks for street-level sex workers. Under the new law, she said sex workers wouldn’t be inclined to work in well-lit areas because clients will want to avoid police detection.

Kerry Porth says Canada’s new prostitution law will put women in danger. THANDI FLETCHER/METRO IN VANCOUVER

Already, she said, her fears are being realized.

The day Bill C-36 received royal assent, Porth said a sex-worker friend told her three clients had refused to provide their real names and phone numbers.

“Those are essential screening techniques that sex workers employ,” she said. “Clients are going to be really leery about complying with screening techniques when they fear there’s a police officer on the other end of the phone.”

Old vs. new

Last December the Supreme Court of Canada threw out existing prostitution laws, saying they violated the Charter of Rights and Freedoms.

- Under the old law, buying and selling sex was legal, but activities around it were illegal. The key difference under the new legislation is that selling sex remains legal but buying sex, and communications around buying sex, will be against the law.
- It is now legal to communicate with the intention of selling sex in some circumstances. This is a change from the previous laws, which made it illegal to negotiate the sale of sex in any public place.
- It is now illegal to sell sex in public view or next to a school ground, playground or daycare centre.
- It is now legal, technically, to advertise your own services, but illegal to advertise the sale of others’ sexual services.
- It is against the law to benefit materially from another person’s sex work, with some exceptions.

New prostitution law, same harm to workers: Lawyer

Metro talked to Katrina Pacey, a lawyer for Vancouver’s Pivot Legal Society, for her take on the controversial new law.

How is Bill C-36 different from previous laws on prostitution? It’s a different law, but the impact on sex workers’ health and safety will be the same. Bill C-36 targets communication for the purposes of prostitution, the purchase of sexual services, advertising, and sex workers’ ability to work with others like security guards.

By targeting all of those various activities, it takes away sex workers’ ability to use those relationships and situations to enhance their safety.

Does Bill C-36 improve conditions for sex workers? No. Bill C-36 doesn’t make anything better for sex workers. The government has tried to paint it that way. (Justice) Minister (Peter) MacKay has said that this is about rescuing victims who are in prostitution and trying to eliminate prostitution through criminal law, but we know that neither of those objectives will be achieved.

By making it illegal to purchase sex and targeting clients, sex workers at the street level will continue to get driven into the most isolated and dark parts of the city because their clients are getting driven into those places to avoid police detection. Sex work will continue to happen, but in an underground fashion. As a result, the whole industry gets made less safe.

How is Bill C-36 going to change things for sex workers? It is going to continue to create a distrustful relationship between sex workers and police, who they would like to be able to count on for support.

What we don’t know at this point is what enforcement is going to look like. It’s up to the various police departments and RCMP detachments to decide how vigorously they’re going to enforce (the law).

In Vancouver, the police have made some very promising and progressive statements that they’re not interested in arresting people who are engaged in adult sex work that is consensual.

While we wait for these laws to go through a court challenge, we hope that other police departments will follow suit.

What’s next? There’s a conversation happening around the country now among sex workers, organizations and lawyers about what a court challenge would look like, and when and how it will happen.

We’re a part of that dialogue and we’re very actively thinking about litigation.

I don’t have anything concrete at this moment to say about timing, but I can say for sure that a court challenge will happen. THANDI FLETCHER/METRO IN VANCOUVER

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

William and Kate GETTY IMAGES

Some Big Apple tourist traps we suggest Will and Kate avoid

The British are here! The British are here! The Duke and Duchess of Cambridge — who will always be Prince William and Kate Middleton to me, sorry — are, like countless tourists this month, in New York to see the sights. Although it's too late to warn them away from the Empire State Building — baby, it's cold up there — we would still like to save them some time and grief with advice on what other tourist traps they should avoid.

Cabaret on Broadway
Or whichever bar Shia LaBeouf was drinking at before going to see Cabaret. That does not end well.

Guy Fieri's restaurant
Although the horrendous menu at Guy's American Kitchen & Bar might be the most American thing in the world, we think the Royals would be doing themselves a favour by passing up a chance to sample the Guy-talian Nachos or the Awesome Pretzel Chicken Tenders.

Those damn Cronuts
Speaking of food: the signature pastries at Dominique Ansel's bakery? Not worth the wait. Plus, they're pretty French, so the Brits probably want to avoid them anyway.

The Hot Bird
Or any other Brooklyn bar currently enforcing a ban on babies. Although Prince George is sitting this trip out, it would look like a betrayal to fellow parents everywhere if Kate were to cross the stroller-choked picket line.

Drake dates and 'scars' led to Brown breakup

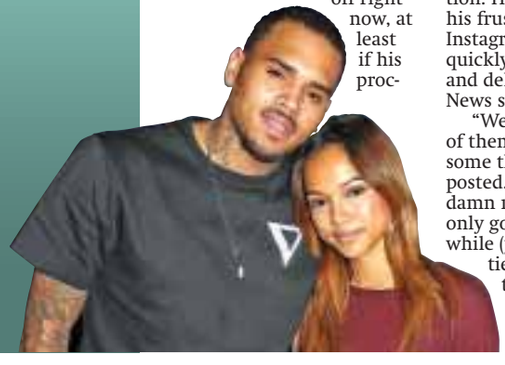
Chris Brown and on-again, off-again girlfriend Karrueche Tran are very, very off right now, at least if his proclamation of, "F--- that bitch!" during a recent concert appearance is any indication. He also decided to vent his frustrations with an Instagram post, although he quickly thought better of it and deleted it. Luckily MTV News saved it.

"We've got scars, some of them (you) gave me, some them I've caused," he posted. "I was locked up for damn near four months and only got one visit from you while (you) was hosting parties and taking secret trips to Toronto, going on dates with Drake."

Oh, Chris. You know it's not a good idea to talk about giving your girlfriend scars when you're still on probation for assaulting a previous girlfriend, right? Well, maybe you don't.

Tran, for her part, is being quite open about the breakup, stating in an Instagram post of her own, "I refuse to be repeatedly mistreated, especially by someone who claims to love me. That's not love. And if that's what you define as love then I don't want it."

Should we be worried about that "repeatedly mistreated" part?



Chris Brown and Karrueche Tran GETTY IMAGES

Swift and Kloss make out (or just discuss the music)

Congratulations, Taylor! You've officially reached the fevered lesbian rumour stage of your career. Sources are breathlessly exclaiming that Swift and model Karlie Kloss are more than just friends, going so far as to suggest photos show the pair totally making out in the balcony at a concert by The 1975 last week. Or, you know, they could've just been trying to talk to each other during a loud rock concert.

Taylor Swift GETTY IMAGES

Lautner a bit too popular at two Hollywood gay bars

Hey, remember Taylor Lautner? He of the Twilight franchise, who briefly "dated" best friend Taylor Swift? Maybe he thought you'd forgotten him enough that he could just relax and enjoy himself.

Well, not so much. Lautner hit up a couple of gay bars in West Hollywood recently with friends but ended up drawing a fair amount of attention.

First, model Murray Swanby got himself a selfie with Lautner at famed gay bar The Abbey. Then Lautner and pals scooted next door to another bar, Mother Lode, but the attention got to be too much.

"Taylor only stayed at Mother Lode for a half-hour, but seemed to be having a blast. It is a fun gay bar with super-strong drinks, and he was in the back with two friends, who looked to be very close by their interactions," a source tells Radar Online. "Taylor was definitely trying to be incognito, it looked like, but everyone there was staring at him. I think he left because people kept asking him for photos with him and he declined."

Taylor Lautner, right, and model Murray Swanby. INSTAGRAM

Leo picks up the bachelor slack in post-Clooney era

Although he's never been shy with the ladies before, Leonardo DiCaprio is apparently looking to rack up some Wilt Chamberlain-style numbers while attending Art Basel in Miami. The reigning Hollywood bachelor of the post-Clooney world stopped by an Art Basel-related party over the weekend and "left with 20 girls," a very impressed source tells the New York Daily News. "Leo and 20 girls. He is my hero."

Leonardo DiCaprio GETTY IMAGES

K. Michelle pours her hip-hop heart out

Music. Rebellious songstress reveals her wounded self on new album Anybody Wanna Buy A Heart?

EMILY LAURENCE
Metro in New York City

Those familiar with K. Michelle — whether it's by watching VH1's Love & Hip Hop or listening to her debut album Rebellious Soul — know she doesn't hold back. If you make her angry, everyone will find out. But the R&B songstress is showing a softer side with her sophomore LP, Anybody Wanna Buy A Heart? (out Dec. 9) and her current VH1 reality show, K. Michelle: My Life.

Metro talked to her about exposing her pain and letting people see the real K. Michelle.

Heartbreak and healing

"When I was recording the album, I was really trying to come to grips with something and either get over it or decide whether I wanted to stay in it. So it was a good time to record an album," Michelle says of the new album, which she recorded just three months ago. She tells us almost all the songs are about the same person, which Internet rumours suggest is actor Idris Elba.

Maybe I Should Call is especially raw, a song about being in love with a man who is having a baby with another woman. "I sent him a couple songs off the record and he said it was sad that we're in this position, but this is art. And he said it was a great vocal performance," Michelle tells us about her muse. But when asked if she saw the album as a way to have the last word, she said no, "I see it as a way to heal."

On that Drake song

Not all the songs are intensely emotion-filled. Drake Would Love Me is basically a fan's love song to Drake. "Girls look at Drake and think, 'Oh my God, he's so sweet.' He's the only one singing real love songs to girls. Other guys are offensive to women," Michelle says.

"I sent Drake the record and he loved it. He was like, 'This is dope. This is crazy. I'm so honoured.'"

Reality TV vs. her reality

Love & Hip Hop fans may remember Michelle as a hot-headed drama queen, but while her current show still has plenty of drama, the singer put herself in control as executive producer to make sure that wasn't all people saw. "People get to see me as a business woman and a mother. It's hard," she says. But she certainly couldn't control everything. "The finale (which aired Dec. 8) is shocking and it was shocking for me to experience," she says. "To end the season like that, I thought, wow, (my life) really is made for TV."

Quoted

"I sent Drake the record and he loved it. He was like, 'This is dope. This is crazy. I'm so honoured.'"
K. Michelle

K. Michelle GETTY IMAGES

TV. Russell Crowe takes a Gander but no sign of Republic of Doyle pals

Oscar-winning actor Russell Crowe was briefly in Newfoundland on Sunday and pined for absent friends through Twitter.

Crowe tweeted out to his friends Alan Doyle of the band Great Big Sea and actor Allan Hawco that he was disappointed to land in Gander and that the pair didn't drive to meet him, adding: "Guess I'm partying alone."

The three appeared together in the television show The Republic of Doyle in 2012 after Doyle and Crowe became friends.

Crowe also tweeted out selfies with no one in the background, joking that he was "Battling through the crowds for my public appearance in Gander, Newfoundland."

The actor has more than 1.6 million followers on Twitter.

"I love Newfoundland ... just sayin'. Wish I could be here longer," he tweeted before leaving.

THE CANADIAN PRESS

Russell Crowe TWITTER

Music anniversary

Roxette takes '80s hits on tour

The Swedish duo behind the single It Must Have Been Love, heard on the soundtrack of Garry Marshall's Pretty Woman, this week announced an international tour coinciding with their 30th anniversary.

Roxette will kick off the series with a show in Auckland, New Zealand, on Feb. 7 and the tour will conclude in Roxette's native Sweden.

AFP

Digital music

Happy, Frozen are iTunes' top sellers

The soundtrack for Frozen and Pharrell's viral Happy are the year's top-selling album and song on iTunes.

Apple announced Monday that Taylor Swift's 1989, just released in October, is behind Frozen. Coldplay's Ghost Stories, Sam Smith's In the Lonely Hour and the Guardians of the Galaxy soundtrack round out the Top 5 albums.

THE ASSOCIATED PRESS

Heal the mental injury, too

Pain. Hurting yourself during a workout has an effect on the mind

SEPTEMBRE ANDERSON
life@metronews.ca

There's nothing like an injury to bring you from the top of your game to champion couch surfer. While injuries are an inconvenient part of an active lifestyle, being sidelined by one can shake even the toughest competitor.

"I can tell you from personal experience that suffering an injury is one of the most frustrating things to ever happen because you don't feel that you're ever vulnerable," said Dr. Howard A. Winston, family and sports medicine physician at the Centre for Health and Sports Medicine in Toronto.

An injury can have a lasting mental effect even after it has healed. ISTOCK

Winston played tennis at the provincial level and had to fault the finals due to personal injuries.

While many focus on the physical toll of injuries, the mental effects can't be ignored. Many athletes, recreational or professional, have found that the fear of reinjury, not the injury itself, is what holds them back.

Ryan Grant knows what it's like to be sidelined by injuries. The co-owner of HeadRush Training Center, a mixed martial arts gym in Toronto, saw his Olympic dreams shattered, literally, when he broke his hand during a boxing match.

"I went to nationals to see if I could qualify and that last year, for qualifications for nationals, I shattered my hand."

Grant spent six months in a cast and another six months in physiotherapy all while watching his competitor, the one he broke his hand on, go on to become world champion.

"Growing up, my brother went to the Olympics, my other brother was a world champion. I was supposed to be that guy," said Grant.

Grant, however, did not let his post-injury reluctance keep him from returning to the gym.

"You can't go in anything — work, school, relationships — harbouring something over the top of your head."

He built up his confidence by starting with exercises that he knew he could do and then increasing the challenge level, or what Grant calls "making sure the water's warm before getting back in there."

He also found wearing a brace — "mental reassurance," he says — helpful to regaining his mental toughness.

Grant agrees that it's the mental hurdle that's harder to get over than the physical hump. "I see it in athletes now. You'll see internal ailments that you can't control and it'll shatter your whole hope."

"An injury is so demoralizing," Winston says. "At the same time, it happens and you know you can recover from it if it's not serious and you can get back to competing again."

Winston recommends a holistic approach to recovering from an injury that includes physical and mental care.

"Anybody who suffers an injury is best served by a multidisciplinary facility ... because all aspects of care can be covered through one roof," he said. "You're seeing people who understand your interests and concerns."

Prevent the hurt

Heather Gardner of Tribe Fitness in Toronto shares her tips on avoiding injuries.

- **Warm up.** Start with easy cardio lasting 15 minutes to raise your body temperature, get your heart rate up and muscles moving.
- **Build.** Slowly increase your gym time and intensity by about 10 per cent a week.
- **Don't overdo it.** "Make sure that whatever you're doing, you're listening to your body."
- **See a professional.** Consider help from a personal trainer to learn proper form.

A new way of assessing antioxidants

The benefits of certain foods such as orange juice could be more important than we think, according to a new study suggesting current methods for determining antioxidant activity only tell half the story.

Researchers from the University of Granada developed a method called the global antioxidant response (GAR) that they claim provides a more thorough analysis because it assesses food in its entirety.

The researchers say that current methods for determining antioxidant value reflect only the portion that gets absorbed by the small intestine, called the liquid fraction.

"The problem is that the antioxidant activity of the solid fraction (the fibre) isn't measured, as it's assumed that it isn't beneficial," says study author José Ángel Rufián-Henares.

"However, this insoluble fraction arrives at the large intestine and the intestinal microbiota can also ferment it and extract even more antioxidant substances, which we can assess with our new methodology."

Using its GAR method, which simulates gastrointestional digestion in vitro, on both commercial and natural orange, mandarin, lemon and grapefruit juices, the team found 70 per cent of the antioxidant activity was found in the solid fraction, meaning that the numbers could be far greater than previously established.

"The antioxidant activity is, on average, 10 times higher than that which everyone thought up until now, and not just in juices, but also in any other kind of food analyzed with this methodology," says Rufián-Henares.

The study was published in the journal Food Chemistry.

AFP

The global antioxidant response method is the latest in assessing antioxidant value. AFP

LEARNING CURVE

Mini MBA saves time and money

Programs teach managers skills they need to reach next step

If years of study and expensive tuition are simply not an option think small — real small.

Mini MBA programs are very popular and are available at more and more universities across the country. While there is no certification at completion, these programs teach managers enough of what they need to know to get to the next step.

SHUTTERSTOCK

"It's for managers who have come up through a functional route like sales, finance, marketing or engineering and they're moving into their first real general management position," says Hugh Evans, director of executive education at the Haskayne School of Business at the University of Calgary.

While they might have knowledge in their specialty, they need a broader knowledge of management systems to make businesses work effectively, he adds.

The business essentials program runs from October to March, with about 15 one-day sessions on Fridays covering the main elements of management practice. This schedule is effective for retention and applying what students learn when they go back to work, Evans says.

"There's pre-reading, post-reading and activities to do, but the most significant red thread that goes through the program is the project."

Students take on a project and use it as a focal point for what they are learning and use the professors as consultants.

Many people choose this type of program to avoid the time commitment and cost of a full MBA program. However, Evans says about 10 to 15 per cent of people in the business essentials program eventually get their MBA. In terms of cost, this mini MBA program is $8,500, where an executive MBA could run about $60,000. *– Jennifer Taplin*

SHUTTERSTOCK

Advantages of online study

Running from one meeting to another doesn't leave a lot of time to make it to class.

Online MBA programs are generally cheaper and offer another advantage — you can fit in schoolwork around a busy work schedule.

Athabasca University launched its online executive MBA program 20 years ago and it's still a popular program — including the January cohort, 820 students are enrolled.

It's for managers and leaders with significant experience, says Alain May, MBA program director at Athabasca University.

"It is delivered online with the exception of electives in residence that are a blend of online study and a five-day face-to-face component. These courses are offered on a variety of topics and take place across Canada and around the world."

Depending on several factors, tuition ranges from about $45,000 to $50,000.

Students are broken up into groups in a kind of interactive seminar. The groups are switched up with each course so students can get to know as many of their peers as possible.

"This helps them understand other job types, other companies, industries, cultures, etc., and plays an important role in understanding how to apply theories and concepts in many different settings," May says.

The online course requires 20 to 25 hours of study per week over the course of two-and-a-half to three years.

"Our students need the ability to manage competing time commitments from work, family, volunteering, and travel. We expect a high level of involvement, high levels of commitment and effort, but we don't dictate the where and the when." *– Jennifer Taplin*

Wellington grad lands job with Oilers

College's massage therapy program paid off

Wellington College graduate Steve Lines never thought he would enter into a career in massage therapy, but ultimately it has led him to a full-time position with the Edmonton Oilers.

"Originally my interest in the body and my desire to help people led me to physiotherapy but the pre-courses I had to take in order to get to the physiotherapy classes in university were of no interest to me," says Lines.

"It wasn't until a teammate of mine and graduate of Wellington College told me about massage that my interest in the field was sparked."

After looking into the college and seeing the focus it had on the assessment and treatment of the body, he knew that was where he wanted to be.

He enrolled in the two-year full-time program at Wellington College and took the pre- and post- event sports massage that was offered in a three-day workshop during the course of the year.

UPCOMING INFO SESSION JAN. 25

Attend the Wellington College information session on Jan. 25 at the college to learn about the programs available. Register for this session either online or by contacting the college.

For more information, visit the website at wellingtoncollege.com.

"Even now, 12 years post-graduation, I still use those techniques and the approaches to assessment and treatment with my clientele," says Lines.

"After graduation I moved to Calgary because I had heard from fellow alumni that there was a lot of work out there, and though it took a bit of time, I finally applied to a massage clinic for what I thought was going to be my dream job."

While it did not end up being his dream job, his hard work and reputation finally grabbed the attention of the GM for the Oilers (2007), and the rest is history.

CONTRIBUTED

"If I had any advice for students or alumni looking to work with professional sports teams in the capacity that I do, I would say to apply yourself and show people that you love what you do," says Lines.

"Don't ever sell yourself short, but volunteer your time and skills to widen your network and you'll never know what could happen."

Train for a rewarding career at Red River

College's therapeutic recreation facilitator program is for dedicated people

CONTRIBUTED

Therapeutic recreation differs from general recreation in that programming is based on the individual needs of a person, past and present preferences, leisure challenges and barriers, as well as on the strengths and the assets that the person uniquely possesses.

The therapeutic recreation facilitator for older adults offered through Red River College, trains individuals how to make a difference in this career.

"Don't let the name fool you — therapeutic recreation facilitators are no longer the ABC people (arts, bingo and crafts) or the bingo and bowling gang that just go out and have fun all day," says Terry Maryk, lead instructor of the therapeutic recreation facilitator program for older adults.

"They are a dedicated and passionate group of professionals that make it their mandate to unconditionally love and care for the fastest growing and most heterogeneous group of individuals within society today — our senior population."

Employers range from private to government funded facilities both in community and long term care settings.

These may include, but are not limited to private individuals, seniors housing facilities, assisted living, life lease, supportive housing, senior centres, adult day programs, respite care, day hospitals, rehabilitation units, personal care homes and hospitals.

"One of the main goals of this profession is to try and normalize a person's life, creating independence and dignity while continually enhancing retained assets and supporting/adapting for specific challenges utilizing the therapeutic process: assessment, planning, implementation and evaluation," says Maryk.

"All activities are designed to meet a specific goal that fulfills the holistic need of each individual including, but not limited to life roles and lifestyle; sensory stimulation; expressive arts; physical exercise and recreational gaming; and large group and social programs."

For more information about this program, visit rrc.ca/rec.

OTHER PROGRAM DETAILS FOR RRC

This program is a nine-month certificate program and begins in September. Part-time study is available for this program. Students of this program will take part in practicum experience (one workplace experience and two final field work placements).

Workplace safety, privacy, and health regulations are key components of the program.

Red River College | School of Continuing Education
Therapeutic Recreation Facilitator for Older Adults
Enhance the quality of life for our population's fastest growing segment.
Learn to plan and deliver therapeutic, social and recreational programs for older adults. Put theory into practice in community and facility-based settings through practicum and field work courses.
Next intake: October 2015
204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/rec

Switching careers is made easy with PACE

The decision to leave a successful career wasn't a sudden decision, nor undertaken without calculating the risks, but leading change was something Alexandre Morales was very familiar with in his previous career.

With experience ranging from financial analysis to litigation, Morales landed himself a position with HEB Manitoba, employer quality analyst, thanks to studies in the human resource management diploma program, from the University of Winnipeg Professional, Applied and Continuing Education (PACE).

His experience at PACE was very positive and the program has proven to be the right path for his professional development needs.

The comprehensive structure of the program, coupled with the internship program makes this more appealing to the other programs he researched.

CONTRIBUTED

"My classmates and the administration were very helpful and the program instructors are great," says Morales, who hails from Sao Paulo, Brazil.

"As an international student, this has helped make the transition to a new country a lot easier."

Now that Morales has completed his program and secured employment, he plans to remain in Canada and build a new life in Winnipeg with his wife and their two children.

For more information, visit the website at pace.uwinnipegcourses.ca.

Patal leads to various opportunities

Grads not limited to restaurant work

Lori and Oswald Thomas got tired of the job search when they moved back to Winnipeg in March, so they decided to take their futures into their own hands.

With Lori's interest in baking and Oswald's culinary skills in the kitchen, the pair decided to enrol in the culinary arts and baking program at Patal Vocational Schools.

Their goal is to work together in fishing and hunting camps up north, once they complete the one-year program.

"We decided to do this together and we learn from each other and encourage each other," says Lori.

Aside from the skills in the kitchen, Lori says Patal has helped with a lot of other essential skills, such as math — which she will use in measurements.

CONTRIBUTED

All Patal programs work with essential skills and upgrading of skills that students come with.

Like the Thomas's, not all students strive to complete this program and work in a restaurant.

Patal has other culinary and baking students that are working in personal care homes, lodges, healing centres, supported housing, family centres and breakfast and lunch programs in schools.

Patal not only teaches skills and upgrading, but they focus on healthy eating, healthy relationships, healing, employability skills, and building a support system.

"We like coming here," says Lori. "They really make you feel at home."

For more information, call 204-944-8202, or visit patalvocational.com.

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2008 Bachelor of Law, Brazil
2014 Full-time Human Resource Management Diploma, UWinnipeg PACE
2014 HEB Manitoba, Employer Quality Analyst

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DISCOVER · ACHIEVE · BELONG

New Herzing campus brings excitement

Since Herzing College campus announced its move to a new location earlier this year, the feedback has been nothing but positive.

Kerry Swanson, campus president, Herzing Winnipeg, says the most compelling thing he hears is the enthusiasm there is for the new location opening in 2015.

"There is excitement in its accessibility, being that it is located at two major intersecting routes," says Swanson.

"The other thing I hear is excitement over the layout of the campus in that at its centre is a student resource and lounge area that caters completely to the needs for students in a college setting."

The new campus is located at 1700 Portage Ave., at the corner of Route 90 and Portage Avenue, and will feature a brand new, state-of-the-art facility for Herzing College students.

Swanson says it was important to make the move to the new campus so that Herzing can continue to offer students the best possible education.

"Like many other organizations we are seeing the rapid advancement of ideas or concepts being employed in the field of education and this is especially true with the way access to information is becoming increasingly easier all the time," says Swanson.

"In order to stay relevant we need to constantly upgrade our facilities to keep up with the standards required by the industries or organizations that support the courses we offer."

Herzing prides itself in providing career-focused programs in health care, business and technologies, and invites individuals in industries relevant to their program offerings to provide feedback at their regular advisory board meetings.

"These meetings provide important information for us with respect to industry needs, aiding us in program updates, and most importantly keeping us on the cutting edge of what is relevant to them — the industry experts," says Swanson.

For more information on Herzing College, visit herzing.ca/winnipeg.

50 YEARS FOR HERZING COLLEGE

2015 is a significant year for Herzing College, as it will celebrate its 50th anniversary as an institution.

Over the past 50 years, the Herzing College family has grown to include eight campus locations across Canada. In that time Herzing has helped tens of thousands of students realize their full potential.

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Canada: the land of learning opportunity

MITT a bridge for many international students

Canada has a lot to offer the world, and the greatest natural resource is not oil, water, or timber; it's education.

To an international student with dreams of studying here, Canada is a land of opportunity.

Canada's educational system is world class and plays a critical role in meeting labour demand in an untold number of sectors by helping new Canadians enter the workforce with the skills employers need.

The Manitoba Institute of Trades and Technology (MITT) is the bridge to opportunity for more than 400 international students each year, providing them with the same core competencies and nationally recognized credentials that Canadian students receive upon graduation.

The rapid development taking place at Manitoba's first hybrid institution has been compounded by the growth it experiences annually in its international student population, which in 2010 was only a tenth of its current size.

BRINGING NEW CULTURES HERE

To further reinforce the reputation MITT has built for itself overseas and to ensure a smooth introduction to student life in Canada, The Work School has also embraced its role as a bridge between cultures, bringing Canada to new Canadians, and bringing their cultures to its hallways and events both on and off campus.

Recently, the college has expanded its international recruitment strategy, forging more relationships and signing a number of new agreements with foreign post-secondary institutions.

After returning from a successful delegation through India and China in October, MITT president and CEO Paul Holden identified a real need for a Canadian partner like MITT in many of the regions he visited.

"Instead of individuals coming over with qualifications recognized by their own colleges, to then arrive in Canada and find out that they don't meet the actual Canadian standards, we're providing them with Canadian credentials and certification, because they're training to the Canadian standards — we're bridging them to Canada," says Holden.

"It provides us with the opportunity to have people come here for that fresh start and it allows them to immigrate, if they choose, in such a way that they are able to work in the field that they have studied. They're in a position to do what it is that they invested the time and energy into, and successfully transition into either employment or more education."

Bruna Vieira de Almeida and Yuri Yokoyama Ferreira are the winners of MITT's 2014 International Education Week Video Contest. Both are from Brazil and are at MITT as part of the Science Without Borders program. CONTRIBUTED

WE ARE THE WORK SCHOOL

Manitoba Institute of Trades and Technology offers secondary and post-secondary students opportunities for cutting-edge technical training with direct pathways into the workforce or into higher levels of education. We are a technical training centre for high school, post-secondary, and adult students. We are a bridge, connecting staff to students, graduates to industry.

SKILLED TRADES | HEALTH CARE | HUMAN SERVICES | INFORMATION & BUSINESS TECHNOLOGY | MITT.CA

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TRADES AND TECHNOLOGY
THE WORK SCHOOL

Connect anytime, anywhere online

Robertson offers flexibility in class schedules

Over the past few years, online learning has become increasingly more popular. Busy work schedules and life commitments make it difficult to set aside time and money to pursue desired training, and this is where online learning has the advantage.

"Robertson College Online is a great option for students that are not looking for a typical classroom setting," says Audrey Blatz, director of online, Robertson College.

"The flexibility of class schedules allow our students to take care of daily responsibilities as well as pursuing a dream of finishing post-secondary education."

These online programs are designed to meet the needs of different learning styles and offers students an opportunity to take a variety of business and health-related programs.

Robertson College's online training offers students the ability to connect anytime/anywhere in programs that are industry driven.

"Online education allows more people access to post-secondary education," says Blatz.

"We are able to offer our programs to individuals in both rural and urban settings."

Although programs are taken online and not on campus, these students still have access to Robertson's career services, just like all on-campus students.

"All Robertson College diploma graduates have the opportunity to work with our career services group for life to help them find a job in their field of study," says Blatz.

Robertson's online programs are now student-aid approved in Manitoba, opening the door for many students to pursue their career goals.

"The approval of student aid provides a larger group of people to pursue their education while continuing to work and support themselves and their family," says Blatz.

This announcement is great news for students who have tried to enrol previously, but were unable to because of lack of finances. For more information or for list of online programs, visit robertsoncollege.com/irobertson-online-training.aspx.

RESOURCES FOR STUDENTS

Robertson College is offering up to $6,000 in scholarships for the Jan. 5 intake. Student aid is also available for most of programs. Robertson College graduates more than 2,500 students every year. They offer a national employment network of more than 1,000 employers.

CONTRIBUTED

Life is busy - but that doesn't mean you can't earn your diploma.
With Robertson College Online, you can achieve your goals according to your own schedule, wherever you are. With industry-driven programs that are student aid approved, experienced instructors and a career services team committed to your success, your new career is within reach.
We are now offering bursaries of up to $6000 for programs starting in January 2015. There is still time to apply!
Online Programs Available:
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✓ Administrative Professional
✓ Legal Assistant
✓ Travel Counsellor
✓ Medical Office Assistant
and more!
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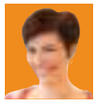
Contact us to get started! Call 888.892.5262 or visit www.robertsoncollege.com/online for more information.

Classic deli sandwich loses traditional base

Reuben Strata. This meal offers you the option of bread on the side but gives sauerkraut the spotlight



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. THERESA ALBERT

It's not about the base (yes, I know the song is actually all about the "bass," but this was funnier, no?).

It's about the ratio.

Sandwich bases (bread) add calories, carbs, salt and often sugar to your meal. When you switcheroo the nourishing fillings and dial back the cheesy, fatty bits of a classic, you suddenly have a healthier meal that is just as quick.

Here are ways to bump up the best so you can have your hoagie and eat it, too.

Tuna Salad
Forgo the bread and serve in Boston or Bibb lettuce. Use low fat mayo mixed with grainy (zero calorie!) mustard and grate celery into the mix.

Egg Salad
Omit mayo, use only Greek yogurt, stir in curry powder and spread into celery sticks.

BLT
Serve open-faced with one slice of crumbled bacon, add a few pieces of lettuce, double up on the tomato and mix low-fat mayo with plain Greek yogurt.

Grilled Cheese
Choose thin, whole grain rye bread and don't butter it on the outsides. Instead, measure a teaspoon of butter into the hot pan as though you are frying. Grate aged cheddar and add slivers of apple or pear.

Wraps
Even whole grain wheat wraps are between 150 and 300 calories and are really just a delivery system for the filling. Switch to rice paper wraps, which only need a dip in warm water, and then they can hold just about any filling from day-old salad to leftover chicken.

Reuben Strata
Sauerkraut is a very nutritious, high-fibre, prebiotic food that needs to take on a more starring role.

This layered casserole feels more like a meal than a sandwich, but it couldn't be easier.

Ingredients

- 2 cups sauerkraut
- 1/4 cup chopped dill
- 4 tbsp mustard
- 1/2 pound pastrami
- 1 sliced tomato
- 1/4 cup grated Swiss cheese

1. Preheat oven to 400 F. Empty sauerkraut into colander and rinse under cold water, squeeze dry.

2. Combine dill and mustard.

3. Layer sauerkraut, pastrami, and dill-mustard mix into three layers in a loaf pan. Repeat until out of ingredients.

4. Top with tomato and Swiss cheese. Bake in oven until warmed through and cheese melts, about 10-15 minutes.

5. Serve with whole grain bread and salad.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

You won't even miss the meat

This Vegetarian Shepherd's Pie with Sweet Potato Topping recipe serves six. YVES VEGGIE CUISINE

1. Heat oil in a large non-stick skillet over medium heat. Add onion; cook, stirring, for 5 minutes, until soft. Stir in mushrooms, garlic and herbs, cook for 3 minutes.

2. Stir in flour and ground round, breaking up with a spoon. Cook, stirring, for about 1 minute.

3. Stir in broth, tomato paste, peas and peppers. Cover and simmer for about 5 minutes, until thickened.

4. Topping: In a large bowl, stir together hot sweet potatoes and butter. Stir in cheese. Set aside.

5. Transfer ground mixture to a lightly greased 8-inch (20 cm) square baking pan or 8 cup/2 L casserole). Spoon sweet potato mixture over top.

6. Bake in a 350 F (180 C) oven for 30 to 40 minutes, or until heated through. Sprinkle with parsley if desired.

YVESVEGGIE.CA/RECIPES

Ingredients

- 1 tbsp (15 ml) canola oil
- 1 cup (250 ml) diced onion
- 1-1/2 cups (375 ml) finely chopped mushrooms
- 2 cloves garlic, minced
- 1-1/2 tsp (7 ml) each dried thyme and savory
- 3 tbsp (45 ml) all-purpose flour
- 1 pkg (312 g) Yves Veggie Cuisine Original Veggie Ground Round, or (320 g) Garden Veggie Crumble
- 1-1/2 cups (375 ml) vegetable broth
- 2 tbsp (30 ml) tomato paste
- 1/2 cup (125 ml) each: frozen peas and diced yellow peppers

Toppings

- 3 cups (750 ml) mashed cooked sweet potato
- 1 tbsp (15 ml) butter
- 1/3 cup (75 ml) grated Parmesan cheese (or Parmesan flavour grated soy topping)
- 2 tbsp (30 ml) chopped parsley

4 SPORTS

Two-game suspension

Kane punished for hit from behind

The NHL has given Winnipeg Jets forward Evander Kane a two-game suspension for boarding.

Kane hit Anaheim Ducks defenceman Clayton Stoner into the boards from behind at 19:49 of the second period of Sunday's game in Winnipeg.

Kane was assessed a major penalty for checking from behind and a game misconduct.

He will forfeit $56,451.62 US in salary.

The NHL's department of player safety was disappointed that Kane lined up Stoner from across the ice.

"The onus is entirely upon Kane to avoid this check completely or, at the very least, minimize contact," Patrick Burke said on the video announcing the suspension. "Kane does neither."

Kane has not been fined or suspended during his six-year NHL career.

He is eligible to return for another home date with the Ducks on Saturday.

THE CANADIAN PRESS

Ottawa makes changes

"Watching the team play and continue to play the same way as we did at the end of last year ... I felt something had to be done."

Senators general manager Bryan Murray, who fired head coach Paul MacLean on Monday. Dave Cameron, who had been working as an assistant coach in Ottawa, was named the Senators head coach, the 10th in franchise history.

Japan's Saori Ariyoshi, left, and Azusa Iwashimizu challenge Canada's Jessie Fleming during a friendly soccer match on Oct. 28 in Vancouver. RICH LAM/GETTY IMAGES

Tribunal allows turf challenge to continue

Women's World Cup. FIFA, group of rebel players still at odds following human rights panel's decision

There was a win and loss Monday for both sides in the legal challenge of artificial turf at next year's Women's World Cup.

The Human Rights Tribunal of Ontario, in an interim ruling, denied the players' request that their request for an expedited hearing — which had previously been turned down — be reconsidered.

But vice-chair Jo-Anne Pickel also rejected FIFA's argument that, under international law, it had not received "effective legal notice" of the proceedings. In so doing, the tribunal ruled that the legal challenge can proceed.

The players allege that having the women play on artificial turf is discriminatory because the men play their showcase tournament on natural grass.

FIFA argues that the laws of the game permit use of artificial turf as long as it meets standards and that the surface makes sense for the Canadian climate. And rather than discriminate against women, the world governing body of soccer has spent years working to grow the women's side of the game.

After receiving the original case material and notice from the Ontario tribunal, FIFA argued that the procedure for delivery had not met relevant international treaties.

Pickel disagreed.

"In the circumstances of this case, I find that FIFA has received effective legal notice of this proceeding," she wrote in Monday's 14-page decision. "I also find that all documents so far delivered in this case have been properly delivered in accordance with the Tribunal's rules and all applicable law." THE CANADIAN PRESS

Call for talks

Also on Monday, the players offered to meet FIFA secretary-general Jerome Valcke in Brazil to discuss their differences.

- Lawyers for the players made the offer after Valcke said Friday he would only talk with the players in person. He had earlier rejected the offer of a conference call.

Habs, Canucks pay tribute to Béliveau ahead of game

Both the Montreal Canadiens and Vancouver Canucks put their losing streaks aside on Monday to pay tribute to hockey great Jean Béliveau.

Like thousands of Montreal fans who streamed into the Bell Centre for public visitation on Sunday and Monday, players and coaches from both clubs stopped in to pause by the casket on display at centre ice and give condolences to Béliveau's family, led by his tireless widow Elise, who greeted every visitor.

The legendary Canadiens captain died last week at 83, while the team was away on a road trip. The club held off remembrance ceremonies, including the funeral at Mary Queen of the World cathedral on Wednesday, until they got back.

"The message from me and my teammates was that it was such an honour to be in the same room as them," said Canadiens alternate captain Max Pacioretty. "I told her how much respect me and my teammates have for her and her husband.

"And going forward, we have to play in honour of him, and he's looking after us."

The Canucks, who will wind up a seven-game road trip, cancelled their practice and visited the Bell Centre.

THE CANADIAN PRESS

Elise Béliveau, left, widow of Canadiens legend Jean Béliveau, receives condolences from players Max Pacioretty, David Desharnais and P.A. Parenteau during a visitation on Monday in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

NBA

Raps' Lowry wins 3rd player of week

Toronto Raptors point guard Kyle Lowry was named the NBA's Eastern Conference player of the week on Monday.

Lowry led the league in scoring last week with an average of 29.3 points as the Raptors posted a 2-1 record. He was fifth among Eastern Conference players with an average of 8.7 assists.

He also shot .492 (30-for-61) from the field and .913 (21-for-23) from the free-throw line.

THE CANADIAN PRESS

Rule changes

IOC moves quickly in big overhaul

The IOC approved a wide-ranging reform package Monday, including a more affordable bidding process, creation of an Olympic television channel and a more flexible sports program that could bring baseball and softball into the 2020 Tokyo Games.

The IOC also approved the rewording of non-discrimination policy to include sexual orientation — a move that followed the controversy over Russia's law against gay "propaganda" ahead of the 2014 Winter Olympics in Sochi.

The International Olympic Committee voted in favour of the new rules on the opening day of a special session to adopt president Thomas Bach's 40-point "Olympic Agenda 2020" program, the biggest changes in the IOC in decades.

THE ASSOCIATED PRESS

Vanier Cup 2015

Big game returns to Laval University

Laval University in Quebec City will play host to the 2015 Vanier Cup game.

Laval's Telus Stadium will be the venue for the Canadian university football national final for the fourth time in seven years.

Each time, Laval has drawn crowds larger than the stadium's seating capacity of 12,750, including 18,543 in 2013.

There were 22,649 at Percival Molson Stadium for the Vanier Cup on Nov. 29 when the University of Montreal won its first national title with a 20-19 win over McMaster.

THE CANADIAN PRESS

Browns consider QB switch

Browns quarterback Johnny Manziel celebrates scoring a rushing touchdown against the Bills on Nov. 30 in Buffalo. TOM SZCZERBOWSKI/GETTY IMAGES

Johnny Football. Manziel waiting in the wings as Cleveland struggles with Hoyer

The switch at quarterback for the Browns appears inevitable this week.

Johnny Football may be about to take over Cleveland's offence.

After Brian Hoyer played poorly again in Sunday's loss to Indianapolis, Browns coach Mike Pettine seemed to be on the verge of giving rookie Johnny Manziel his first NFL start against Cincinnati.

"I think it's natural to lean the other way, given the results," Pettine said Monday. "I still want to make sure we do our due diligence and talk to everybody involved."

Pettine was unclear about whether he'd decided to make the change and promote Manziel, the high-profile backup who came off the bench and replaced a struggling Hoyer in the fourth quarter two weeks ago in Buffalo. Pettine, who stuck with Hoyer last week because he had the Browns in the playoff mix, said he wants to meet with his coaching staff and general manager Ray Farmer before telling both quarterbacks and announcing who will face the Bengals.

Downward spiral

Hoyer has thrown just one touchdown pass and eight interceptions in the past four games, a slide that has damaged the Browns' hopes of making the playoffs for the first time since 2002.

Pettine said the offensive problems in Sunday's game were deeper than the quarterback, but he called the Browns' passing attack "substandard." Pettine cited dropped passes, receivers running wrong routes and execution as factors but that Hoyer has to play better.

"There are clearly some throws that he missed, but I think it was also exaggerated by how poorly we were in the pass game around him," Pettine said. "We always say it, 'A quarterback is only as good as his supporting cast.' When the guys around him play well, Brian will play well. It's rare that there's a quarterback that can transcend his supporting cast.

"We're in a results business. We've lost two in a row. We all know what the numbers have been in the pass game. For us to be successful, they need to improve."

The Browns (7-6) blew a 14-point lead in the third quarter, when Hoyer and Cleveland's offence failed to get a first down in three straight series.

Pettine said Manziel would "absolutely" be ready if called upon to make his first start. Pettine said nothing is giving him pause to go with the first-round pick.

"I'll fall back on what I've said all along. We pull together the circumstances that we have, just like we did last week. Who gives us the best chance to win?" Pettine said. "That's the decision we go with. To this point, it's been Brian." THE ASSOCIATED PRESS

Plenty left groping for Group of 16

Five-time winner Liverpool and the champions of England and Italy are among the 11 teams competing for five remaining spots in the knockout stage of the Champions League going into the final round of group games this week. THE ASSOCIATED PRESS Photos by Getty Images

Reeling Reds

Liverpool has been a letdown on its return to Europe's top competition after a five-year absence, but can qualify for the next round by beating FC Basel at Anfield on Tuesday.

It won't be easy. Basel has won its last four games versus Premier League teams in Champions League — against Liverpool in October, home and away against Chelsea last season and at home to Man United in 2011 to knock out the then-English champion.

Basel has lost just once in nine games against English teams.

Ghost City in Rome

Arguably, Manchester City could be without its best four players as it searches for a win to qualify.

Star midfielder Yaya Toure is suspended, top scorer Sergio Aguero is out with a serious-looking knee injury, while playmaker David Silva and captain Vincent Kompany are major injury doubts.

City has won its last five matches, but has never won in Italy.

Roma is level on points with City and CSKA Moscow, which plays first-place Bayern Munich away. Roma qualifies with a win.

Juve need a draw

Italian champion Juventus needs a point against already-qualified Atletico Madrid to advance.

Just like last season, Juventus finds itself needing a point in its final group game. It will be hoping to succeed this time.

A goal by Wesley Sneijder for Galatasaray eliminated Juventus last year but, 12 months on, Massimiliano Allegri's team is at home, where it is unbeaten in nine matches in European competition.

Juve could snatch first place by winning by two goals or more. Lose, and Olympiakos finishes second with a win at Malmo.

Roberto on a roll

Schalke coach Roberto Di Matteo needs a win and a favour from former club Chelsea if Germany is to have four representatives in the last 16.

Schalke heads to eliminated Maribor lying two points behind Sporting Lisbon, which travels to already-qualified Chelsea.

Di Matteo, who guided Chelsea to a Champions League title in 2012, has Schalke playing an effective 3-5-2 formation. The team has won its last three — 3-2 (Wolfsburg), 4-1 (Mainz), 4-0 (Stuttgart).

Zenit, Monaco to settle Group C

It is winner takes all when Monaco hosts Zenit — with first place in Group C on offer for either club if Bayer Leverkusen loses at Benfica. Monaco also qualifies with a draw.

Real Madrid is the only team with five wins from five games ahead of its home match against Ludogorets in Group B while Barcelona needs to beat Paris Saint-Germain to overhaul the French champions at the top of Group F.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
What occurs today will cause you to question some of your most deeply-held beliefs. Could it be the world is not designed the way they told you it was?

♉ Taurus
April 21 - May 21
Refuse to settle for second best in anything you do. The standards you set now are the standards you will have to live by for the next few months, so aim high.

♊ Gemini
May 22 - June 21
It may look as if you are the only one who knows what's going on at the moment but the planets warn you could be kidding yourself.

♋ Cancer
June 22 - July 23
Don't scatter your energy in too many directions today or you may fail to reach your number one goal. That would be a shame because there is much you can accomplish.

♌ Leo
July 24 - Aug. 23
Be enthusiastic about what you have to do today. Even if it is the last thing you want to be doing you have no choice but to see it through to the end.

♍ Virgo
Aug. 24 - Sept. 23
You will need a great deal of patience over the next 24 hours, especially when dealing with authority figures.

♎ Libra
Sept. 24 - Oct. 23
You will hear something today that sounds too good to be true and you are right to be suspicious. What you are told is only half the story.

♏ Scorpio
Oct. 24 - Nov. 22
You need to let go of things you no longer need, especially things that have become a drain on your time and energy.

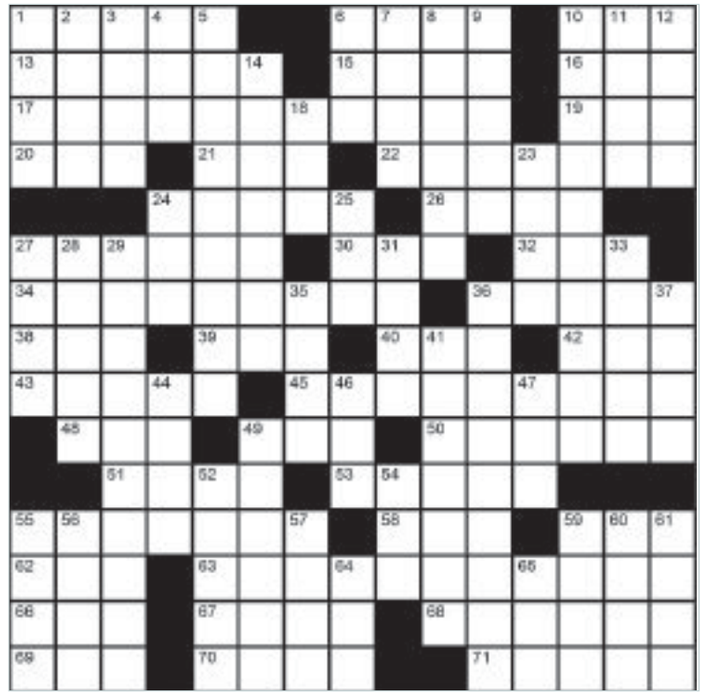
♐ Sagittarius
Nov. 23 - Dec. 21
Sometimes you are suspicious for no good reason but today you are right to be skeptical of what you see and hear. You need to question what work colleagues are telling you.

♑ Capricorn
Dec. 22 - Jan. 20
You need to put your financial house in order, Yes, you will have to make cutbacks, but in the long-term it will be worth it. Less means more.

♒ Aquarius
Jan. 21 - Feb. 19
Today may not be the most exciting day, but it will be important, not least because the motives of someone you have important dealings with will at last be clear to see.

♓ Pisces
Feb. 20 - March 20
You need to deal with a situation that has been bothering you for several weeks. It may require you to make a decision that is in some way final.

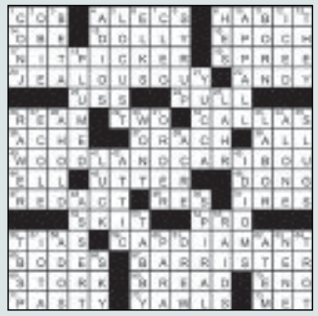
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Rocker Mr. Lewis'
6. Li'l quantities
10. Haul
13. Talent show Cat Deeley hosts [acronym]
15. Villain's chuckle
16. Identity part
17. Gwich'in activist (b.1934 - d.2010) who advocated for rights of Aboriginal and northern women. She is also a Member of the Order of Canada.: 2 wds.
19. __ mode: 2 wds.
20. Flight simulators co.
21. Sarcastic
22. Tweezers/stencils purchase: 2 wds.
24. President's Choice's Mr. Weston
26. "What's Hecuba to him __ __ to Hecuba..." - Hamlet
27. Ablaze: 2 wds.
30. Long time
32. Richard Wagner aria: "_ __, Mein Holder Abendstern"
34. Christmas-y village in Quebec, __-__
36. Beyonce's 'I Am... __ Fierce'
38. Li'l roads
39. Enlightenment in Buddhism
40. __-eyed
42. Canadian actress Sandra's
43. Eights: Spanish
45. Vancouver Island community known for its murals
48. Cleave
49. Modern
50. Potential response to "Will you ever?": 2 wds.
51. Network of nerves
53. Some fishies
55. Commonplace
58. Name: French
59. Geog. coordinate
62. Pitcher's stat.
63. This northern Saskatchewan settlement's name reflects its mining heritage: 2 wds.
66. Guys
67. Taboo
68. Salmon: French
69. Not: French
70. Understood
71. Free: French

Down
1. _ _ _ _ Bank Canada
2. Scottish island
3. Raison d'__
4. St. John's International Airport code
5. Montreal Hebrew Delicatessen, since 1928
6. Hamilton Bulldogs org.
7. Geri H. bandmate
8. Actress Charlize
9. Mister: Spanish
10. Madonna's "Rebel Heart", recently: 2 wds.
11. Fancy fruit
12. Bearded animal
14. Singer Ms. Love
18. "Affirmative, Admiral!"
23. "Slow down!"
24. Cotton __
25. Born, in Boucherville
27. Bone, in Italy
28. "Of course!", slangly
29. __ Cove (Attraction in Eastern Passage, NS)
31. Ye's follower
33. Casual 'yes'
35. As soon as...
36. Whale, for one: 2 wds.
37. Abbreviated aide
41. Foreboding
44. Due, as dollars
46. Very warm
47. '_' __ for Iqaluit
49. Nerve cell
52. Spare tire locale
54. Single
55. __ hearts (Health store purchase)
56. Fertilizer component
57. Horse's 'hair'
59. Branch
60. 'Origin' suffix
61. Ms. Daly
64. This moment
65. __ bono? = For whose benefit? ...in Latin

Yesterday's Crossword

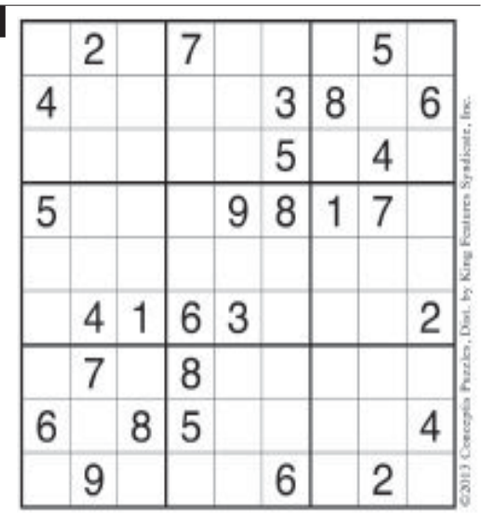


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

1	8	2	5	7	3	4	9	6
3	5	7	6	4	9	2	1	8
4	6	9	2	1	8	5	3	7
6	3	1	8	9	4	7	5	2
8	9	5	3	2	7	1	6	4
7	2	4	1	6	5	9	8	3
2	7	8	9	5	6	3	4	1
5	1	6	4	3	2	8	7	9
9	4	3	7	8	1	6	2	5

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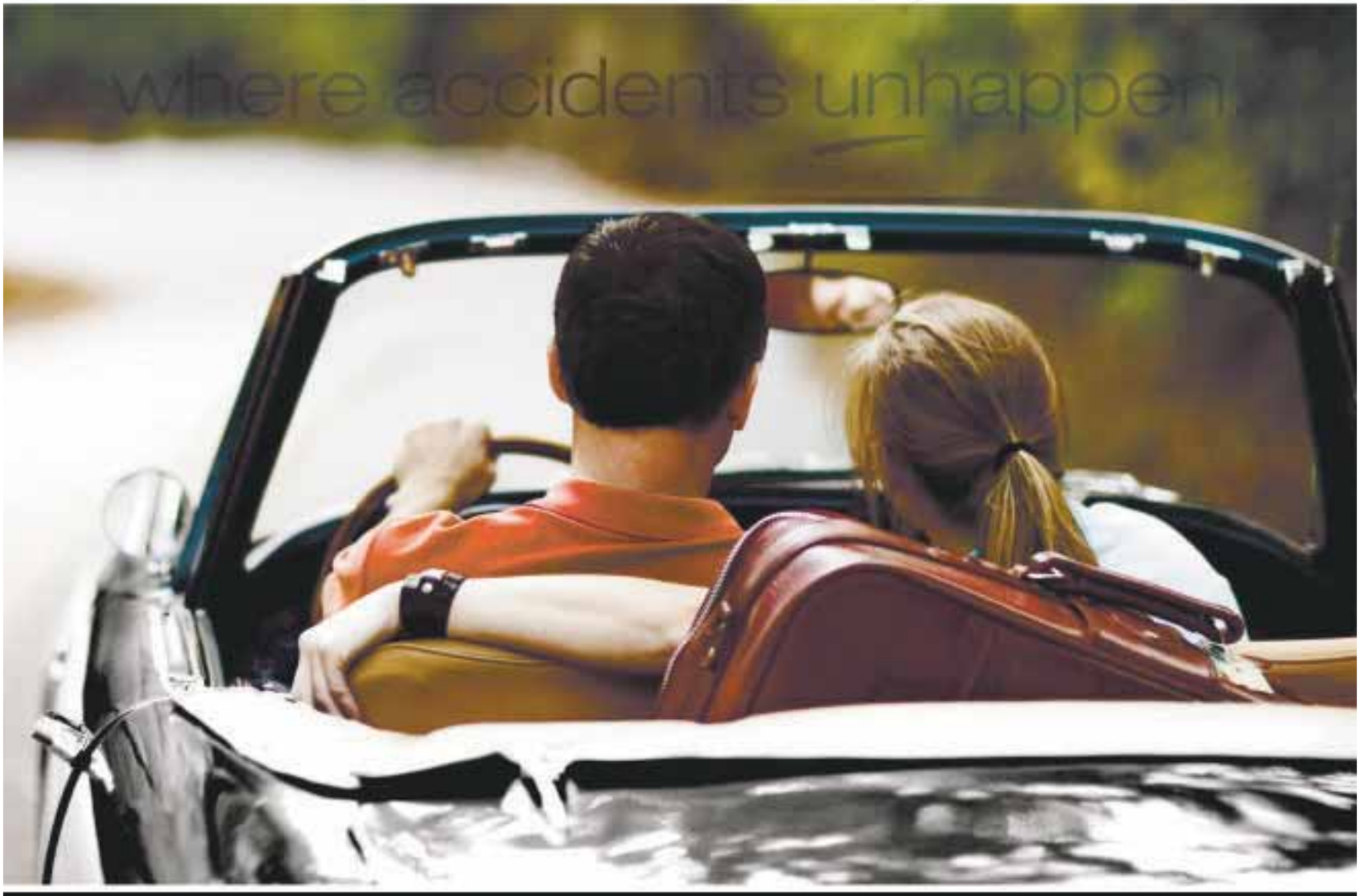

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